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CLAIMS

1. A footwear insole put in a footwear when used, comprising:

- 5 an insole body put in the footwear; and
a load-applying part installed on a rear portion of the insole body to apply load to a user wearing the footwear with the insole body.

10 2. The footwear insole of claim 1, wherein the load-applying part comprises:

an insert member formed of a heavy weight material and installed in the insole body in parallel with a bottom of the insole body; and

15 a receiving part for receiving the insert member, the receiving part being formed of an elastic material.

3. The footwear insole of claim 2, wherein the heavy weight material is one selected from the group including
20 metal, stone, a brick, concrete and a combination thereof.

4. The footwear insole of claim 2, wherein the insert member comprises at least one cylindrical rod.

25 5. The footwear insole of claim 2, wherein the insert

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member comprises at least one U-shaped rod.

6. The footwear insole of claim 2, wherein the insert member comprises at least one plate member.

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7. The footwear insole of claim 6, wherein the plate member has an edge thicker than a central portion.

8. The footwear insole of claim 2, wherein the load-
10 applying part is designed to be attachable to or detachable from the insole body.

9. The footwear insole of claim 2, wherein the load-applying part is integrally formed with the insole body.

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10. The footwear insole of claim 2, wherein the elastic material can be formed of a synthetic resin-based material, a rubber-based material, a metal-based material, or a mixture material thereof, the synthetic resin-based
20 material being selected from the group including polycarbonate (PC), polyurethane (PU), polyvinyl chloride (PVC), polyethylene (PE), acrylonitrile butadiene styrene (ABS), nylon, TPR, acryl, and PETE, the rubber-based material being selected from the group including natural
25 rubber and synthetic rubber, and the metal-based material

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being selected from the group including a shape memory alloy, titanium, spring steel, brass, aluminum, and an alloy thereof.

5 11. The footwear insole of one of claims 1 to 10, further comprising air circulation means for discharging air above a top surface of the insole body, the air circulation means comprising:

 at least one longitudinal air passage defined by a
10 groove formed on a lower bottom of the insole body in a longitudinal direction;

 at least one lateral air passage defined by a groove formed on the lower bottom of the insole body in a lateral direction, the lateral air passage crossing the
15 longitudinal air passage;

 at least one vertical air passage formed vertically penetrating a crossing portion of the lateral and longitudinal air passages; and

 an empty space formed around the vertical air passage
20 at the crossing portion.